



# Midwifery Student Peer Debriefing Guide

## Strategy

## Key Elements

<p>Trusting relationship</p>	<p>Ensure you have a good relationship with your peer to create an emotionally safe space and a sense of trust.</p> <p><i>Attitude: Show kindness; positive regards, affirm competence of the student, validate, and open questions about the experience</i></p>
<p>Accept and work with student's perspective.</p>	<p>Accept and work with the student's perspective, use reflective listening to understand the situation.</p> <p><i>Prompt: Tell me the story from beginning to end without identifying anyone/person/ place</i></p>
<p>Support expression of feelings</p>	<p>Encourage expressions of feelings, recognise and validate the difficult emotions.</p> <p><i>Prompt: Recognition and validation. Provide a gentle reminder that these are normal responses to a difficult situation.</i></p>
<p>Fill in the missing pieces and review the event to build learnings</p>	<p>Together work out what happened and consider why. Build understandings by providing information or sharing similar experiences, whilst acknowledging full clinical picture may not be accessible.</p> <p><i>Prompt: Let us find out more information - talk to an experienced midwife or look up the clinical practice guidelines/ explore the literature.</i></p>
<p>Reinforce positive approaches to coping and ensure supports.</p>	<p>Reinforce comments by the student that reflect positive coping strategies. Counter negative or unrealistic views such as self-blame. Provide helpful strategies including self-care. Ensure student has social supports outside of work and university.</p> <p><i>Prompt: Discuss support people. Acknowledge limitations of non-midwives' and caution about triggering others. Continue to reach out to peers who understand context.</i></p>
<p>Explore solutions and bring closure.</p>	<p>Bring closure through creating a plan of action. Explore and decide on potential solutions, plan for the way forward or outline positive action to overcome distress. Close the session with an understanding that if the student requires further help, they seek help from the academics or clinical facilitator.</p> <p><i>Prompt: Together make a plan e.g., go to see the woman and baby the next day /write a reflection for portfolio/ if required seek University supports/ crisis counselling /Nurse-midwife helpline/Lifeline.</i></p>



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